**BBC Radio 4**

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 a study suggests that moderate drinkers are less likely to suffer some heart problems than those who drink heavily are not told researchers from Cambridge University and University College London found that women who drink the equivalent of a glass of wine a day for men a glass and a half will link to a lower risk of heart conditions the recommendation was for people to stop smoking and take more exercise here is our health correspondent Jane Draper

his study looked at anonymous medical records for almost two million adults held by GPs surgeries in England It confirms other research which has found that drinking alcohol within it is linked to a lower risk of heart disease this work in the British medical Journal was careful to separate people who have never drunk from those who quit avoided the pitfalls of some previous studies the researchers conclude moderate drinkers might have a lower risk of suffering a heart attack angina or heart failure but they write that lifestyle changes such as giving up smoking are safer ways of reducing these chances the study didn't look at cause and effect the British heart Foundation said the risks of alcohol far outweighed any benefits

new evidence suggests very few judgment from family courts have been made public despite a drive to increase transparency report funded by the Nuffield Foundation which